Eggplant supplies a day's worth of Vitamin B6. They are also a good source of dietary fibre and antioxidants.

The seeds can be found inside the eggplant itself even though it is considered a vegetable.

Eggplants are locally grown in Hawaii, and grow all year round.

The eggplants grow on vines that can grow up 3-4 feet in height. Eggplants come in many shapes and sizes depending on their variety.